

Flexworkshop

Happy Feet, Floating Pelvis

Special Guest Instructor
Benjamin Degenhardt- 360° Pilates™

Monday 15 February 2016

11:45am- 1pm



Led by special guest
instructor Benjamin
Degenhardt- 360° Pilates™

IF YOU THINK PILATES IS ALL ABOUT ABS, THINK AGAIN.

In this workshop learn: correct foot alignment and related exercises, proper movement initiation through the feet, and how to stretch and massage the feet for optimal performance. By improving foot mechanics, knee health and pelvic and spinal alignment fall into place effortlessly, and misalignments often self-correct. When the feet work correctly, the pelvis floats like a giant shock absorber for movement, freeing the body for improved performance.

Open to all, no prior experience necessary.

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